I claim:

1. A MAC comprising:

at least one PHY-to-MAC port to receive signals indicative of PHY-to-MAC

words; and

at least one MAC-to-PHY port to transmit signals indicative of MAC-to-PHY words;

wherein the PHY-to-MAC words include slow mode PHY-to-MAC words, wherein the slow mode PHY-to-MAC words include a transmit cycle field to indicate whether the MAC is to provide data in a next MAC-to-PHY word.

- 2. The MAC as set forth in claim 1, wherein the PHY-to-MAC words include equal speed mode PHY-to-MAC words.
- The MAC as set forth in claim 1, wherein the PHY-to-MAC words and MAC-to-PHY words are each 12 bits wide.
- 4. The MAC as set forth in claim 1, wherein the transmit cycle field is in bit position nine, counting from zero, of a slow mode PHY-to-MAC word.
- 5. The MAC as set forth in claim 4, wherein the slow mode PHY-to-MAC words have receive data fields in bit positions zero, one, two, four, five, six, seven, and eight, a carrier sense signal field in bit position three,

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a receive cycle field in bit position ten, and a receive data valid field in bit position eleven.

- 6. The MAC as set forth in claim 4, wherein the PHY-to-MAC words include equal speed mode PHY-to-MAC words; and the PHY-to-MAC words and MAC-to-PHY words are each 12 bits wide.
- 7. The MAC as set forth in claim 6, wherein

the slow mode PHY-to-MAC words have receive data fields in bit positions zero, one, two, four, five, six, seven, and eight, a carrier sense signal field in bit position three, a receive cycle field in bit position ten, and a receive data valid field in bit position eleven; and

the equal speed mode PHY-to-MAC words have receive data fields in bit positions zero, one, two, four, five, six, seven, and eight, a carrier sense signal field in bit position three, a receive cycle field in bit position ten, a receive data valid field in bit position eleven, and a management frames protocol data out field in bit position nine.

8. A PHY to transmit and receive signals propagated on a medium, and to communicate with a MAC via PHY-to-MAC words and MAC-to-PHY words, the PHY comprising:

at least one MAC-to-PHY port to receive signals indicative of the MAC-to-PHY words; and



at least one PHY-to-MAC port to transmit signals indicative of the PHY-to-MAC words; wherein the PHY-to-MAC words include slow mode PHY-to-MAC words, wherein the slow mode PHY-to-MAC words include a transmit cycle field to indicate whether the MAC is requested by the PHY to provide data for transmission on the medium in a next MAC-to-PHY word.

- 9. The PHY as set forth in claim 8, wherein the PHY-to-MAC words include equal speed mode PHY-to-MAC words.
- 10. The PHY as set forth in claim 8, wherein the PHY-to-MAC words and MAC-to-PHY words are each 12 bits wide.
- 11. The PHY as set forth in claim 8, wherein the transmit cycle field is in bit position nine, counting from zero, of a slow mode PHY-to-MAC word.
- 12. The PHY as set forth in claim 11, wherein

the slow mode PHY-to-MAC words have receive data fields in bit positions zero, one, two, four, five, six, seven, and eight, a carrier sense signal field in bit position three, a receive cycle field in bit position ten, and a receive data valid field in bit position eleven.

The PHY as set forth in claim 11, wherein the PHY-to-MAC words include equal speed mode PHY-to-MAC words; and

the PHY-to-MAC words and MAC-to-PHY words are each 12 bits wide.

14. The PHY as set forth in claim 13, wherein

the slow mode PHY-to-MAC words have receive data fields in bit positions zero, one, two, four, five, six, seven, and eight, a carrier sense signal field in bit position three, a receive cycle field in bit position ten, and a receive data valid field in bit position eleven; and

the equal speed mode PHY-to-MAC words have receive data fields in bit positions zero, one, two, four, five, six, seven, and eight, a carrier sense signal field in bit position three, a receive cycle field in bit position ten, a receive data valid field in bit position eleven, and a management frames protocol data out field in bit position nine.

15. A computer system comprising:

a MAC; and

a PHY to receive and transmit signals propagated on a medium and connected to the MAC so that the MAC provides MAC-to-PHY words to the PHY and the PHY provides PHY-to-MAC words to the MAC;

wherein the PHY-to-MAC words and the MAC-to-PHY words are synchronously paired so that the MAC provides one MAC-to-PHY word to the PHY while the PHY provides one PHY-to-MAC word to the MAC;

wherein the PHY-to-MAC words include slow mode PHY-to-MAC words having a transmit cycle field;

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wherein if the transmit cycle field of a first slow mode PHY-to-MAC word is set to a first value, the first slow mode PHY-to-MAC word being synchronously paired with a first MAC-to-PHY word, then the MAC is requested by the PHY to provide transmit data in a second MAC-to-PHY word for transmission over the medium, where the second MAC-to-PHY word succeeds the first MAC-to-PHY word, and if the transmit cycle field of the first slow mode PHY-to-MAC word is set to a second value different from the first value, then no request is made by the PHY to the MAC to provide transmit data.

- 16. The computer system as set forth in claim 15, wherein the PHY-to-MAC words include equal speed mode PHY-to-MAC words.
- 17. The computer system as set forth in claim 15, wherein the PHY-to-MAC words and MAC-to-PHY words are 12 bits wide.
- 18. The computer system as set forth in claim 15, wherein the transmit cycle field is in bit position nine counting from zero, of a slow mode PHY-to-MAC word.
- 19. The computer system as set forth in claim 18, wherein

the slow mode PHY-to-MAC words have receive data fields in bit positions zero, one, two, four, five, six, seven, and eight, a carrier sense signal field in bit position three, a receive cycle field in bit position ten, and a receive data valid field in bit position eleven.

- The computer system as set forth in claim 18, wherein the PHY-to-MAC words include equal speed mode PHY-to-MAC words; and the PHY-to-MAC words and MAC-to-PHY words are 12 bits wide.
- The computer system as set forth in claim 20, wherein the slow mode PHY-to-MAC words have receive data fields in bit positions zero, one, two, four, five, six, seven, and eight, a carrier sense signal field in bit position three, a receive cycle field in bit position ten, and a receive data valid field in bit position eleven; and

the equal speed mode PHY-to-MAC words have receive data fields in bit positions zero, one, two, four, five, six, seven, and eight, a carrier sense signal field in bit position three, a receive cycle field in bit position ten, a receive data valid field in bit position eleven, and a management frames protocol data out field in bit position nine.

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